Drug poses real danger

NATIONAL STRATEGY

Fentanyl's deadly rep a public health concern

Jen Traplin

While yet to be officially declared as a national public health emergency, the number of fentanyl-related overdoses and deaths in Canada continues to rise.

Fentanyl is a prescribed synthetic opiate pain medication that is roughly 100 times more potent than morphine. A lethal dose of pure fentanyl for a typical adult can be as little as two milligrams — the size of just a few grains of salt.

While many rely on it to treat severe pain, a rising number of recreational drug users are accessing the narcotic illegally in a variety of ways. According to the RCMP, importing and selling fentanyl has now become one of the fastest growing industries in Canada's illicit drug trade.

Much of the country's illicit fentanyl is believed to come from China. It's often found mixed with other drugs — like heroin, cocaine and MDMA — making it especially dangerous as many users are unaware they are even consuming it.

The federal government is taking steps to try to reduce fentanyl and other opioid abuse.

A dose as small as two milligrams of pure fentanyl can be lethal. ISTOCK

OPIOID OVERDOSES BY THE NUMBERS

A new report by the Canadian Institute for Health Information (CIHI) and the Canadian Centre on Substance Abuse (CCSA) on hospitalizations and ER visits due to opioid overdose in Canada found that between 2007-2008 and 2014-2015, the rate of hospitalizations due to opioid poisoning increased more than 30 per cent.

Seniors 65 and older account for nearly a quarter of overdose hospitalizations while youth age 15 to 24 reported the fastest rate of growth for opioid-related hospitalizations.

The report shows the majority of opioid overdoses among seniors were considered accidental, while over half of the poisonings among young people were considered intentional or self-inflicted.

**Source: Report — Hospitalizations and Emergency Department Visits Due to Opioid Poisoning in Canada by the Canadian Institute for Health Information (CIHI) and the Canadian Centre on Substance Abuse (CCSA)*

On Monday, Health Minister Jane Philpott and Public Safety Minister Ralph Goodale announced a series of changes to Canada's drug strategy that, among other things, will make it easier for cities like Ottawa to open safe injection sites.

The new Canadian Drugs and Substances Strategy replaces the existing National Anti-Drug Strategy with what the Canadian government is calling "a more balanced approach" that focuses on harm reduction, as well as prevention, treatment and enforcement.

Legislation has also been introduced to crack down on illegal shipments of fentanyl into Canada.

Youth most at risk

Health officials concerned about the rise in fentanyl overdoses and deaths in Canada say, while it's a concern for the whole population, young people are especially vulnerable.

"In the last six years, between 2009 and 2015, there has been an increase of 77 percent in ER visits for unintentional drug overdoses and, young adults, ages 20 to 24, they have the highest rates of presentation to ER related to drugs," says Jacqueline Roy, registered nurse and program manager of Ottawa Public Health's Prevention of Injury and Substance Misuse team.

Frighteningly, many young people hoping to get high don't even have to look far. Roy says most can easily access these types of dangerous narcotics in their own homes.

"Prescription opioids wind up in the wrong hands all the time," she explains.

"The first place youth will go to access opioids is the medicine cabinet so it's extremely important for parents to ensure prescription medication is always safe and secure."

For many other young users who buy illicit narcotics on the street, Roy says, they may not even be aware of the fact they are taking fentanyl, as it is often present – and undetectable as it doesn't have a taste or smell – in other drugs, dramatically increasing the risk of unintentional overdose or death.

— JEN TRAPLIN

TALKING TO TEENS ABOUT DRUGS

Talking to teens about drug use is never easy. Jacqueline Roy has a few tips for parents who suspect their kids are using illicit drugs:

Recognize the signs
"If you're thinking your child is consuming then you really need to check in. You'll see mood changes -- they're more irritable, depressed or agitated -- you'll see personality changes and change in interest, new friends, change in energy, money is missing, unfamiliar stuff in the house. Those are all signs that the youth may be struggling with addiction issues."

Pick a good time to raise the issue — when everybody is calm and there are no distractions
"It's not a great time to raise the issue if you're angry or if your child or your youth is under the influence at that time."

Provide a safe place for the conversation
"Letting your teen know that you care, that you're raising the issue because you care, talking about it from a concern perspective versus a blame perspective will probably ease that conversation."

For more parent-specific information and resources on youth and fentanyl use, visit parentinginottawa.com and stopoverdoseottawa.ca.

Ottawa agencies launch overdose awareness campaign

Fentanyl is often found mixed with other drugs,which means many users don't even know they have consumed it. ISTOCK

With the fentanyl and opioid crisis quickly spreading across the country, efforts are underway locally to battle the issue through education and awareness.

One recent initiative is a collaboration between a number of local agencies — including Ottawa Public Health, The Royal Ottawa, Ottawa Police Services, Ottawa Paramedics, The Ottawa-Carleton Pharmacists Associations and some local pharmacies, which resulted in the launch of an awareness campaign and online information portal — stopoverdoseottawa.ca — just a few weeks ago.

"Through that campaign, we want to urge people to learn as much as possible about illicit fentanyl so that we can prevent overdoses from happening," says Andrew Hendricks, clinical programs manager for Ottawa Public Health (OPH).

"It's about knowing who is more at risk, how to get naloxone and raising awareness around the risk of overdose for people who use drugs."

One of those major risks is the fact that many drug users many not even be aware that they have ingested fentanyl, a frightening fact Ottawa Police confirmed in October when the service warned recreational users of the dangers of fentanyl-laced street drugs after confirming for the first time that cocaine seized this summer tested positive for the opioid.

"A lot of times, it can be mixed with other drugs, whether it's ecstasy or cocaine, so you might not think you're at risk but, anytime you're taking illicit drugs, it could be mixed with fentanyl," explains Hendricks.

"People really need to learn as much as possible about those risks."

— JEN TRAPLIN

OVERDOSE PREVENTION KIT

What is naloxone?
In the event of an opioid overdose, the use of naloxone can potentially save a person's life.

When someone is overdosing on an opioid, like fentanyl, their breathing slows down or stops completely, but naloxone can temporarily block the effect of the drugs on the brain, reversing breathing problems.

Take-home naloxone kits are available for free through pharmacies and other agencies across Ottawa. When you pick up your kit, you will also receive training on overdose prevention, information on recognizing an overdose and how to respond.

Take-home naloxone kits are available at:

- Ottawa Public Health's Needle and Syringe Program Site Office | 179 Clarence Street
- The Ottawa Hospital | 501 Smyth Road
- Sandy Hill Community Health Centre's Oasis Overdose Prevention Service | 221 Nelson Street
- For a list of participating pharmacies in Ottawa, call the Ontario Drug and Alcohol Helpline at 1-800-565-8603.

**Source: Stop Overdose Ottawa (stopoverdoseottawa.ca)*

THIS SPECIAL REPORT WAS CREATED BY CONTENT SOLUTIONS, INDEPENDENT OF METRO EDITORIAL.

Responding to the fentanyl crisis

HEALTH

Paramedics try to deal with growing opioid overdoses

JEN TRAPLIN

As health care professionals and policy makers struggle to get a handle on the fentanyl crisis, frontline workers now have to consider its even more frightening — and deadly — cousin, carfentanil.

The synthetic opiate is typically used as a tranquilizer for large animals, like elephants. It's recent confirmed presence on Ontario streets not only poses an increased danger to illicit drug users, but first responders as well.

"Some of these drugs come in powder form, which can lead the powder to become airborne, so, when we respond to scenes, paramedics may accidentally inhale a deadly dose of fentanyl or carfentanil," says Ottawa Paramedic Service spokesperson J.P. Trottier.

The synthetic opiate carfentanil poses an increased danger to both illicit drug users and responders. ISTOCK

Last week, the service sent out reminders to Ottawa paramedics, warning of the extreme dangers of fentanyl and carfentanil and urging them to wear N95 masks for their protection, the same masks first responders wore during the SARS outbreak over a decade ago.

That will likely be the protocol for some time as opioid overdoses in the city continue to rise. Evidence of that is clear in the number of times paramedics have had to administer naloxone, a potentially life-saving medication used to block the effects of opioids, while treating patients.

In 2014, Ottawa paramedics used naloxone 53 times. In 2015, that number climbed to 61. And, in just the first six months of 2016, Ottawa paramedics used naloxone 56 times.

"We anticipate that, this year, our use of naloxone will double over last year. This trend of naloxone use has not stopped and the pace may well have been increasing in the last six months of this year," Trottier says.

"Now we have carfentanil to deal with, which is 100 times more powerful than regular fentanyl, four thousand times more potent than heroin and ten thousand times more potent than morphine. These drugs are extremely powerful and users can get addicted very easily so this is a problem now and one that will only get worse before it gets better."

While Trottier applauds a provincial initiative to provide free, take-home naloxone kits (and training) at pharmacies across Ontario, he stresses it is still vital that paramedics respond in the case of an opioid overdose.

"Even after administering naloxone, friends of family members should still call 911 as the powerful drug and the amount taken is unknown. A dose of naloxone may be just a temporary cure for the overdose."

Sean LeBlanc, founder of Ottawa's Drug User Advocacy League (DUAL). YOUTUBE

Users push to have voices heard

As the conversation among politicians, police and health professionals continues nationally on how best to address the growing opioid crisis in Canada, advocates for drug users are pushing to have their voices heard.

"There's a statement that we use in drug user advocacy and that's 'nothing for us, without us.' We think that when we have professionals along with the people with lived experiences, real change can happen — they're the real experts," says Sean LeBlanc, founder of Ottawa's Drug User Advocacy League (DUAL), an independent, not-for-profit group of current and former drug consumers and their allies.

"It's just like having a bunch of old, white men deciding women's reproductive rights. We just want a basic say in things that are affecting us and I think we deserve that."

While LeBlanc says he's not happy with what he believes was a lack of inclusion of drug users at the recent opioid conference in Ottawa, he is pleased with legislative changes stemming from that discussion, particularly the proposed new measures that would make it easier to open more supervised injection sites, something advocates have been calling for in the Nation's Capital for years.

The issue is one both Mayor Jim Watson and Ottawa Police Chief Charles Bordeleau have long been opposed to. LeBlanc is hoping that will now change.

"Mr. Watson always says that we need more forms of treatment, and I agree with him there, but people need to be alive and relatively healthy in order to access that treatment and this is where supervised injection sites really catch the most marginalized people of our society," he explains.

"It's not a pretty thing but it's something that we need and I think it's just part of the continuum of care." JEN TRAPLIN

DROP INS

DUAL hosts twice-weekly open drop ins for current or former Ottawa-area drug users and their allies.

The drop-ins take place Tuesdays from 9:30 to 11:30 a.m. at 380 Murray Street and Fridays from 9:30 to 11:30 a.m. at 216 Murray Street (next to Shepherds of Good Hope).

To contact DUAL, call (613) 608-9915 or visit dualottawa.wordpress.com.

OPIOID USE

Provinces combat the crisis

While fentanyl and other opioid use is on the rise across the country, the problem is most prevalent in British Columbia, Alberta and Ontario. Here is what each province is doing in an effort to combat the crisis.

ONTARIO

Opioid overdose deaths (2015): 543 total,165 attributed to fentanyl*

In October, Ontario Health Minister Eric Hoskins announced that opioid use has become the third leading cause of accidental death in the province, killing more Ontarians annually than car accidents. In response to the growing crisis, the minister announced the creation of a comprehensive opioid strategy, which includes the appointment of Ontario's first ever overdose coordinator, Dr. David Williams, the province's chief medical officer of health.

The strategy will see more time and money spent on research, education, expanding access to free naloxone (used to treat opioid overdose) and increasing access to addiction treatment. New legislation also requires patients who receive prescription fentanyl to return their used patches to the pharmacy before they can get new ones.

Police forces are also exploring ways to combat the opioid problem. For example, the Peterborough Police Service announced, by the end of the year, all of its officers will carry naloxone while on duty, a first in the province.

*2016 data not available

BRITISH COLUMBIA

Opioid overdose deaths (2016): 755 total, 374 attributed to fentanyl

On Monday, the BC Coroners Service released a frightening update on the opioid crisis in the province, reporting 128 deaths due to illicit drug use in the month of November alone.

According to the British Columbia government, more than $43 million has gone toward supporting measures to bolster the province's response to the crisis, including deploying mobile medical units in high-risk areas, providing free take-home naloxone kits and investing in research, education and training.

In Vancouver, where 159 people have died of opioid overdoses so far this year, city council recently approved a 0.5 percent property tax increase in order to pay for more resources to deal with the fentanyl overdose crisis.

ALBERTA

Opioid overdose deaths (January to September 2016): 338 total, 193 attributed to fentanyl

Similar to Ontario and BC, the province of Alberta has launched a number of initiatives to combat the growing number of opioid-related overdoses in the province.

Alberta's designated "provincial response to opioid crisis" includes working closely with health experts, community organizations, advocates and law enforcement to expand access to opioid replacement therapy, provide free take-home naloxone kits and assessing the need for supervised consumption services.

Legislation will also come into effect in January to regulate pill presses used to manufacture illicit fentanyl.

In Vancouver, 159 people have died of opioid overdoses so far this year. ISTOCK

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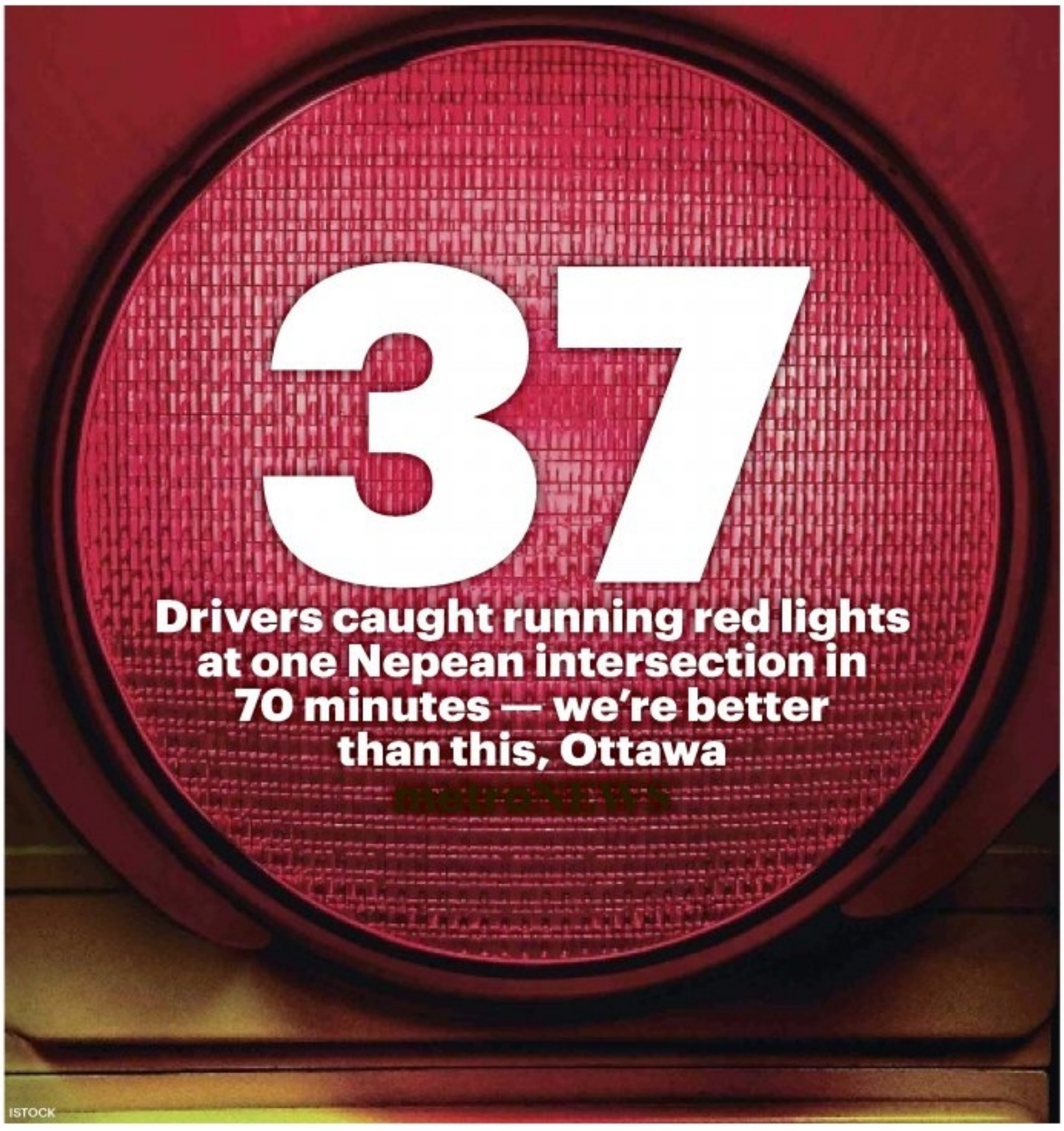

Show me your braille badge, officer

IDENTIFICATION

Ottawa police take initiative in helping visually impaired

Dylan C. Robertson
For Metro | Ottawa

Ottawa police believe they're the first Canadian force to carry braille identification, thanks to a project starting this month.

Officers are gradually taking up transparent braille laminates, to attach to their wallet ID badges.

The idea is to give the visually impaired the ability, which most people already have, to confirm that they're speaking to an officer when a policeman knocks at their door or stops them on the street.

"I try to put myself in the shoes of folks going through that ... and that's what I came up with," said Sgt. Adam Coakley, who attended police consultations with blind people.

Ottawa police officers carry their metal badge in a leather wallet, alongside a printed card that includes their name, title and rank. Starting next week, officers who interact with the public can request a plastic sleeve with braille marks that goes on top of their printed card.

The laminates can hold four lines of 14 characters in Unified English Braille. Most ranks can request an overlay indicating their rank, "Ottawa Police" and the division's telephone number. Senior-ranking officers will have their names printed on their laminates, which cost about two dollars apiece.

Coakley said that the laminate system is intended for routine interactions, and not high-stress situations that could put officers at risk.

Meanwhile, civilian employees of the police department can ask to have braille marks added to their business cards.

The rollout is being done by Carlsbad Springs-based Canadian Braille Press.

Advocacy groups estimate 8,000 Ottawa residents are blind or partially sighted.

Hébert says blind people face many challenges, like going to a shopping mall with changing decorations and even parked cars advertising lotteries.

"We should try and strive to make sure everybody's included in every facet to provide them as much independence as possible."

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City ends fiscal year in surplus

ECONOMY

Expenses were stretched by tax appeals, snow-removal

Ryan Tumilty
Metro | Ottawa

Ottawa ended 2016 with a $5.4-million surplus even as a growing number of tax-assessment appeals put a major dent in the city's finances.

More and more commercial property tax payers are appealing their assessments, and this year that bill came home to roost for the city.

The city spent $26 million more than expected for property tax adjustments.

City treasurer Marian Simulik said there is a four-year cycle to property tax assessments and this is the bottom end of it for the city.

> **It's always the most expensive in the fourth year.**
> Marian Simulik

"It's always the most expensive in the fourth year, so we are starting a new cycle and it should be down in 2017," she said.

She said when a company wins an appeal, the city has to return more than just the one year of extra payments.

"We have three years of taxes that we have to return," she said.

Simulik said city isn't losing appeals at a higher rate than before, but it's seeing a lot more challenges.

"The way assessments work now is that almost every commercial enterprise, as a sort of a cautionary approach or defensive approach, files an appeal."

The city also offers rebates when commercial tenants have empty space in their buildings, and many downtown buildings had trouble filing their space this year.

Not including water and wastewater services, which the city keeps separate because they're not supported by taxes, the city actually ended the year $8.2 million in the red, with higher costs for snow removal and the tax assessments all adding up.

Simulik said in the context of the city's nearly $3 billion annual budget the deficit is "pretty tiny."

BY THE NUMBERS | THE CITY EKED OUT A TINY $5.4-MILLION SURPLUS THANKS TO SURPLUSES IN THE WATER AND SEWAGE SERVICES. (TAKE AWAY THOSE SURPLUSES AND THE CITY IS IN DEFICIT BY $8.2M, BUT THAT'S ANOTHER GRAPHIC ALTOGETHER.)

$13.7M

$3.2B

BUDGET

- **$13.7M savings in water and sewage operations**
- **Budget: $3.2B (*including non-tax-supported operations)**

$9.8M

$26M

$3.186B

EXPENSES

- **$9.8 million: Extra snow-removal caused by heavy snowfall**
- **$26 million: Extra costs for property tax adjustments**
- **Expenses: $3.186B (*including non-tax-supported operations)**

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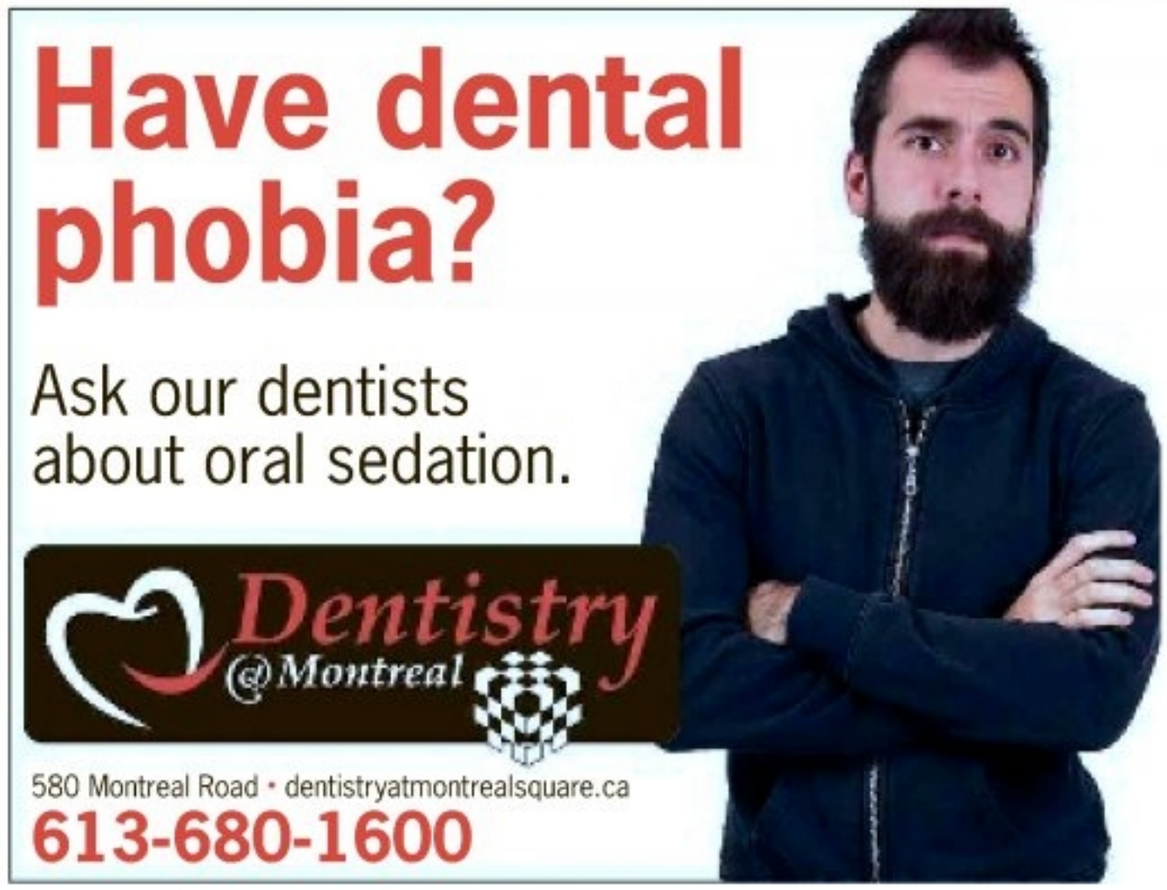

Crackdown on red-light runners

ROAD SAFETY

Police conduct blitz, stop 37 drivers in just over one hour

Dylan C. Robertson
For Metro | Ottawa

Ottawa police officers spotted 37 drivers running red lights in 70 minutes Tuesday at a busy Nepean intersection.

"If you break it down, it's almost an offender at every light cycle," Traffic Escort and Enforcement officer Jon Hall told Metro. "My colleagues were very surprised by the results."

The tickets, issued at the intersection of River and Earl Armstrong roads near the Vimy Memorial Bridge, make for an eye-opening end to a month in which Ottawa and Gatineau police tried cracking down on red-light violations, as part of the Selective Traffic Enforcement Program (STEP), which involves monthly blitzes on different issues.

While police are still tabulating last month's data, Hall said, he doesn't think Ottawa drivers have gotten the message over the years. From 2011 to 2015, red-light running resulted in 3,841 collisions and four fatalities.

March's STEP focus is on distracted driving, which involved 26,860 collisions and 18 deaths in 2011-2015.

Even if STEP saw an increase or decrease in tickets, Hall said, it would be caused by the rate of enforcement activity, rather than a change in driving habits.

But there's one thing Hall's sure is on the rise.

"Texting while driving is not just a traffic issue; it's a societal issue and it fits into North American culture: a go-go-go society always programmed to function at our highest level."

Roughly 40 per cent of collisions in Ottawa involve a driver using their phone, according to Rob Wilkinson, co-ordinator of Safer Roads Ottawa. The city-led partnership aims to improve Ottawa's streets through enforcement, design and awareness.

Hall says improving safety on Ottawa's streets goes beyond handing out tickets.

"Infrastructure's a big part of it as well," he said, noting Sweden's Vision Zero plan that since 1997 has led the country to redo hundreds of roads and change speed limits.

A car passes through the intersection at River and Earl Armstrong in Nepean on Wednesday. RYAN TUMILTY/METRO

LOWERTOWN

Arrest in drug case

A Lowertown man described as a hoarder and accused of running a meth lab has been charged with drug offences after an hours-long evacuation Sunday.

Ottawa police say they were called to 345 Clarence St., near the corner of Barber Street and Beausoleil Drive, Sunday at the request of a family "to check on the well-being" of a man.

The family had concerns the man had previously tried to cook crystal meth.

Police arrested Laurence Wheatcroft, 40, took him to hospital, and evacuated 12 apartments. The Ottawa Fire Department's hazardous-materials team found no explosive risk, and ventilated the apartment.

Police obtained a search warrant and worked with the OPP's Clandestine Laboratory Response Team and paramedics to clear the apartment and send samples to Health Canada for testing.

Wheatcroft is charged with unlawfully producing drugs, and possessing chemicals to be used to produce drugs.

Anyone with information is encouraged to call police at 613-236-1222 ext. 7300, or Crime Stoppers at 1-800-222-8477 (TIPS).

DYLAN C. ROBERTSON/FOR METRO

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April 11 to July 1, 2017
Evenings: 6 pm to 9 pm (7 Levels)
Saturdays: 9 am to noon (1 Level)

FULL TIME
4 weeks (60 hours in class and 60 hours online)
FRENCH AS A SECOND LANGUAGE (6 LEVELS)
March 20 to April 13, 2017
Levels 1, 3 and 5: 12:30 pm to 3:30 pm
Levels 2, 4 and 6: 9 am to noon
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Justifying police escorts

FOREIGN AFFAIRS

Contract shows who warrants privilege when visiting Ottawa

Ryan Tumilty
Metro | Ottawa

Ottawa police have been called upon almost a dozen times over the past two years, to help foreign dignitaries get through the capital quicker under a deal with the federal government.

Metro obtained the contract police signed with the foreign affairs department in Nov. 2015 that spells out when and how the force is called upon. Officers were called to provide escorts to dignitaries six times in 2015 and five times in 2016, including the president of France and the Chancellor of Germany.

Insp. Murray Knowles, with the Ottawa Police, said the force took part in motorcades before the letter was finalized, but it's good to have everything in writing.

A woman waves as U.S. President Barack Obama's motorcade passes by as he arrives in 2016 for the North American Leaders' Summit in Ottawa. PAUL CHIASSON/THE CANADIAN PRESS

"They're a little bit outside our core policing duties, so as such we decided we better formalize it," he said.

The letter spells out when and how the Ottawa Police are asked to provide a motorcade for visiting officials. It also highlights who is in charge during the motorcade and what the federal government has to pay per officer involved.

"It is much better. There is a process attached to it, so we get proper notification. It is very easy for us to say no or yes," said Knowles.

The RCMP only provides a full motorcade to four individuals for security reasons, the Pope, the Prime Minister, the President of Israel and the President of the United States.

The dignitaries escorted by Ottawa Police are foreign officials who don't pose a similar security threat, but are provided the support out of courtesy.

"Those are the ones that wouldn't be deemed from an RCMP security threat standpoint, but have been asked for from a diplomatic standpoint," said Knowles.

> **We really don't want those extra duties to cost the taxpayer of Ottawa.**
> Insp. Murray Knowles

Knowles added that the police involvement now assures the city also isn't left holding costs for what isn't a core police function.

"They are fairly substantial for us, they are time consuming, the planning and efforts that go with it," he said. "We really don't want those extra duties to cost the taxpayer of Ottawa."

The force could not provide totals for what the city was paid, citing the possibility it would reveal how many officers are involved, but Knowles said the city is fully compensated.

BARS

New rules for city's patios

Haley Ritchie
Metro | Ottawa

The city is overhauling its patio rules: reduced fees for businesses but strict guidelines to make sure sidewalks are accessible.

Businesses with patios will be required to pay $27.76 per square metre in the summer and $8.94 per square metre in the winter. But they'll need to ensure that patios don't leave less than two metres' worth of accessible sidewalk for pedestrians.

On Wednesday, business owners explained how expensive building and planning outdoor space is and asked councillors to give exceptions to long-standing patios. Instead they will be given a year-long grace period to adjust.

"It can be very frustrating trying to get around in a wheelchair if there's sandwich boards, trees and garbage bins," said Coun. Jody Mitic. "Patios are great but we need to make our city more accessible." Coun. Keith Egli said city staff are willing to work with businesses to find solutions.

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Gallery under fire for welcoming prof

Jordan Peterson refuses to use special pronouns to recognize non-binary genders. RENE JOHNSTON/TORSTAR NEWS SERVICE

Lecturer made headlines over views on speech

Haley Ritchie
Metro | Ottawa

Controversial University of Toronto lecturer Jordan Peterson is visiting the capital next week to talk about the psychology of creativity with National Gallery director Marc Mayer.

The free lecture is scheduled for March 9. Over 1,000 people have expressed interest in the event on Facebook, but on Wednesday threats to cancel gallery memberships also poured in.

The backlash is a response to Peterson's stance against what he refers to as political correctness. He made headlines in October for criticism of transgender-rights bill C-16 and the use of "gender neutral" pronouns like ze, vis, hir and the singular they.

The National Gallery said it has no plans to cancel the lecture.

"Jordan Peterson is a highly accomplished and published clinical psychologist," said spokesperson Josée-Britanie Mallet in an email. "The Gallery invited him to speak about his specific research interest in the psychology of creativity, a subject he has spoken about at scientific conferences across North America."

Local advocate Amanda Knox was surprised the gallery extended the invitation.

"How many people could the gallery have contacted to give a talk on creativity? This is who they picked? There has to be more to the story," said Knox.

"No matter what he is speaking on, he's very well known for these views. It's like you're promoting those views when you have him there to speak on whatever topic."

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‘Clearly a drunk can consent,’ judge says

COURT

Judge acquits Halifax taxi driver of sexual assault charges

Haley Ryan
Metro | Halifax

A Halifax taxi driver found with an intoxicated, unconscious, mostly naked woman in his cab and her DNA on his mouth has been acquitted of sexual assault by a judge who said there wasn't enough evidence to prove the woman's "lack of consent."

Judge Gregory Lenehan ruled that Bassam Al-Rawi was not guilty of sexual assault in Halifax provincial court on Wednesday after he stood trial last month for a May 23, 2015 incident.

The complainant was found by police in Al-Rawi's cab around 1:20 a.m., passed out after a night of drinking and being turned away from a downtown bar. Her belongings were spread around the car as she lay in the backseat with her feet up on the two front seats, only a shirt partially covering her breasts.

Al-Rawi's pants were partially undone and sitting lower on his body, the court heard. As police approached, they saw his seat was reclined and he attempted to hide the woman's pants and underwear.

Part of the evidence the Crown presented was a toxicology report showing the 26-year-old complainant would've had a concentration of between 223 and 244 milligrams of alcohol in 100 millilitres of blood when police found her.

Crown attorney Ron Lacey said during the trial there was ample evidence non-consensual touching had occurred, and anyone that intoxicated could not consent to anything.

"Clearly a drunk can consent," Lenehan said. There's no doubt the complainant was unconscious when she was found by police so at that moment she was unable to consent, Lenehan said — but what's unknown is when exactly she passed out and "that's important."

Lenehan said he found it likely the driver had pulled off the woman's pants, since they were inside out with her underwear caught up in them, but he doesn't know whether Al-Rawi removed them "at her request, with her consent, without her consent." Lenehan said Al-Rawi isn't someone he'd want his daughter or any young woman driving with, but in regard to the "critical time" when Al-Rawi could've stripped the woman of her clothes, he said the Crown provided "absolutely no evidence on the issue of lack of consent."

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Family members from Somalia are helped by Mounties along the U.S.-Canada border near Hemmingford, Que. THE CANADIAN PRESS

Poll: Attitudes towards immigrants and refugees

A newly released federal survey on attitudes towards immigration suggests Canadians are somewhat more enthusiastic about accepting economic migrants than they are about refugees.

While 52 per cent of those polled in the Immigration Department's annual tracking study felt the right number of immigrants were coming to Canada, 23 per cent thought it was too high.

Meanwhile, 40 per cent felt the right number of refugees was being admitted and 30 per cent thought that figure was too high.

The 2016 survey was done long before immigration and refugee policy became a centrepiece of the U.S. presidential campaign and the eventual new administration of Donald Trump, and before the question of what values immigrants to Canada ought to hold became a centrepiece of Conservative leadership politics here.

So while the data might not reflect how attitudes have shifted since those developments, it's telling for what it was probing for in the first place, suggested Jack Jedwab, the executive vice president of the Association for Canadian Studies and co-chairman of an upcoming conference on integration and immigration.

"I think what the government is trying to get at is the issue of the extent to which people are more preoccupied by the increase in refugees that's happening in a lot other places in the world," he said.

THE CANADIAN PRESS

NATIONAL DIGEST

Swastikas found in Ontario university classroom
Toronto police are investigating after two chalk drawings of swastikas were found in a classroom at York University.

The university said an anti-Semitic statement was also discovered in the classroom.

The graffiti was found in the Victor Dahdaleh Building at around 8 a.m. Monday. Freya Clews, a 22-year-old student, said she noticed a commotion at the front when her education class began. TORSTAR

University evacuated
Three Concordia University buildings in downtown Montreal that were evacuated after the institution received bomb threats targeting Muslim students were re-opened Wednesday evening. CP

Arson at Islamic centre
Toronto police say a fire at an Islamic centre Thursday night is being investigated as an act of arson.

Emergency crews were notified of a fire on the roof of The Reign of Islamic Da'wah, an Islamic information centre. No one was in the building at the time of the fire and no injuries were reported.

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Muslim ban under revision

IMMIGRATION

U.S. officials reveal softer approach

President Donald Trump's new immigration order will remove Iraq from the list of countries whose citizens face a temporary U.S. travel ban, American officials say, citing the latest draft in circulation. Trump is expected to sign the executive order in the coming days.

Four officials told The Associated Press that the decision followed pressure from the Pentagon and State Department, which had urged the White House to reconsider Iraq's inclusion on the list given its key role in fighting Daesh.

Citizens of six other predominantly Muslim countries — Iran, Libya, Somalia, Sudan, Syria and Yemen — will remain on the travel ban list, said the officials, who spoke on condition of anonymity because they weren't authorized to discuss the order before it is signed. Those bans are effective for 90 days.

The new order includes other changes as well. The officials said the 12-page document no longer singles out Syrian refugees for an indefinite ban and instead includes them as part of a general, 120-day suspension of new refugee admissions.

The officials also said the order won't include any explicit exemption for religious minorities in the countries targeted by the travel ban. Critics had accused the administration of adding such language to help Christians get into the United States while excluding Muslims.

The White House did not respond to a request for comment.

Trump signed his original executive order in late January. It sparked immediate confusion, panic and outrage as some travellers were detained in U.S. airports before being sent back overseas and others were barred from boarding flights at foreign airports.

Protesters march in New York's Times Square in solidarity with American Muslims and against the travel ban ordered by U.S. President Donald Trump on Feb. 19, 2017. GETTY IMAGES

ECONOMY

If President Donald Trump's hardline stance on illegal immigration leads to large-scale deportations, among those hurt could be the economy.

That's the view of many economists, who say the country can't afford to lose immigrants who work illegally picking fruit and vegetables, building houses, busing tables, and more.

Immigrants living illegally in the U.S. account for roughly 18 per cent of employment in agriculture, 13 per cent in construction and 10 per cent at restaurants, hotels and casinos, according to National Bureau of Economic Research study.

The federal government initially blocked U.S. green card holders before offering those legal residents special permission to come into the country. It finally decided the order didn't apply to them. THE ASSOCIATED PRESS

POLITICS

Political donor likely envoy to Canada

A big-money political donor and philanthropist with personal ties to the coal industry and professional connections to the White House and the U.S. Senate is expected to be named Donald Trump's ambassador to Canada.

Expectations within government, as well as recent media speculation, point to the Trump administration submitting Kelly Knight Craft's name for the approval of the Senate.

Knight Craft would recognize some friendly faces in that chamber — starting with that of top Senate leader Mitch McConnell. She woman has donated to and co-chaired fundraising efforts over the years for her home-state senator.

The chamber McConnell presides over is expected to deal with major issues affecting Canada over the coming years, including trade disputes, and the potential renegotiation of the North American Free Trade Agreement.

She has a history in philanthropy.

THE CANADIAN PRESS

BREAKING NEWS! 25% OFF AT H&M

Demonstrators bang pots and pans under the rain during an anti-corruption demonstration in front of the National Assembly in Paris on Wednesday. GETTY IMAGES

Fillon soldiers on as backers bail out

FRANCE CAMPAIGN

Dethroned front-runner accused of corruption

The French presidential campaign lurched across another speedbump Wednesday as conservative candidate Francois Fillon defiantly vowed to stay in the race despite being notified that he may face preliminary corruption charges in two weeks.

The spring election to replace unpopular Socialist President Francois Hollande has been like no other, strewn with surprises and besmirched with corruption allegations against Fillon and far-right candidate Marine Le Pen of the National Front. Le Pen so far has managed to dodge investigating judges and maintain a top position in the polls.

Fillon, a former prime minister and once the front-runner in France's two-round April-May presidential election, announced that he was summoned to appear before judges on March 15 for allegedly using taxpayers' money to pay family members for jobs that may not have existed.

"I won't cede. I won't surrender. I won't withdraw," Fillon told reporters, denying guilt.

However, cracks within his own party quickly appeared, as one of his campaign officials, Bruno Le Maire, bowed out without hours, saying he can't follow a man who won't honour his word to withdraw if charged.

French media reported the centre-right UDI party, important backers of Fillon's, was "suspending" its support.

THE ASSOCIATED PRESS

Morneau on 'getting-to-know-you' trip to U.S.

TRADE

Too early to challenge U.S. border tax idea, minister says

Finance Minister Bill Morneau and U.S. Treasury Secretary Steve Mnuchin meet in Washington, Wednesday. THE ASSOCIATED PRESS

The flurry of Canadian cabinet members visiting Washington continued apace Wednesday as Finance Minister Bill Morneau dropped in on a U.S. capital awash in policy debates with big implications for America's northern neighbour.

Morneau called it a getting-to-know-you session so the Canadian government can have the lines of communication ready as the Trump administration settles on wide-reaching policies involving tax reform and trade.

Morneau is U.S. Treasury Secretary Steve Mnuchin's first visiting finance minister since taking office.

The U.S. is beginning discussions on a once-in-a-generation tax reform that could affect Canada in significant ways — with lower corporate rates in the U.S. and a border tax both under consideration. But the reforms are being hotly debated.

With all that uncertainty, Morneau described his meeting more as personal bridge-building than policy-making. He said he didn't delve into Canadian objections to the border-tax idea, which has strong pockets of opposition within Congress and the administration itself.

THE CANADIAN PRESS

McDonald's plots to woo back fans

McDonald's acknowledged on Wednesday that it lost 500 million customer transactions in the U.S. since 2012 and laid out its plans to get more people back into its restaurants — including by letting them order and pay on their mobile phones by the end of the year.

The world's biggest burger chain said it lost some of its loyal fans to other major fast-food chains, rather than to newer rivals. It also said it will more aggressively market items such as coffee and pastries to draw customers. THE ASSOCIATED PRESS

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CHANTAL HÉBERT ON LIBERAL INFIGHTING

Perceived gaps between Trudeau's words and his party's actions could have a corrosive cost to his brand.

Alan DeSousa has been the mayor of Montreal's Saint-Laurent borough since it was created 15 years ago. Initially elected on the ticket of mayor Gérald Tremblay, he survived the corruption scandals that marked that era and was re-elected as part of Denis Coderre's team in 2013.

When DeSousa declared his intention to run for the Liberal nomination in Saint-Laurent — the riding just vacated by former foreign affairs minister Stéphane Dion — he was considered if not a shoo-in, at least a highly competitive candidate.

Neither of his two rivals, former Quebec immigration minister Yolande James and Marwah Rizqi, a professor at Sherbrooke University who ran for the Liberals in Hochelaga in the 2015 election, could boast roots as deep in the riding.

There was no doubt that DeSousa would not have been Justin Trudeau's preferred choice. The prime minister has made gender parity a defining feature of his cabinet. Women account for only one quarter of the Liberal caucus. The government could use more cabinet-ready female MPs.

Trudeau has replaced Chrétien's somewhat brutal clarity by an opaque vetting process.

James — given her experience in the Quebec cabinet and the fact that some of her former ministerial staffers toil in the backrooms of Parliament Hill — was considered to have the inside track with the party establishment.

Some of the organizers who helped secure Heritage Minister Mélanie Joly's 2015 nomination in a neighbouring riding were asked to lend a hand again. If James was going to have a shot at beating her two opponents, she needed all the help she could get. With the byelection set for April 3, she was also going to have to hit the ground running to sign up enough members to win the nomination.

That was last week. On Tuesday, DeSousa revealed that the Liberal party had barred him from vying for the nomination. In the letter he shared with the media, no reason was given.

Privately, party insiders point to DeSousa's association with the discredited Tremblay administration. As a member of the city's executive committee he was part of the mayor's inner circle. In 2013, his borough's offices were among those raided by Quebec's anti-corruption unit.

Still, DeSousa was never charged. If he is guilty of anything in the eye of the federal Liberal brass, it is by association.

For the residents of Saint-Laurent it is, to say the least, awkward to be told that their long-serving mayor does not, for some unspecified reason, pass the smell test of Trudeau's Liberal party. From the perspective of DeSousa and his supporters, it is also a convenient way to remove him from contention.

Some Liberals in Markham-Thornhill are also crying foul after the party retroactively set Feb. 14 as the cut-off date to recruit members for a March 4 nomination vote.

One of Trudeau's senior advisers, Mary Ng, is running for the Liberal nomination in the riding vacated by former immigration minister John McCallum. Her rivals claim the move is designed to give her an edge on the competition.

In his days as leader, Jean Chrétien made no apologies for parachuting star candidates into some of the party's safest seats.

Immediately prior to and just after the 1995 Quebec referendum, Chrétien appointed Lucienne Robillard, Stéphane Dion and Pierre Pettigrew to safe Montreal seats.

At the time he desperately needed more francophone Quebecers at the cabinet table. It is far from certain that an open nomination process would have resulted in the selection by local Liberal members of any of the three ridings.

Chrétien used the same route to ensure he had more women in his candidate lineup.

He took hits for short-circuiting the process, but at least his rationale for doing so and his method were transparent. Chrétien also took responsibility for imposing his choice on a given riding.

Officially, Trudeau has renounced that leader's prerogative. Early on, he pledged to have open nomination meetings in every riding. But in reality, he has replaced Chrétien's somewhat brutal clarity by an opaque vetting process for which neither he nor party officials seem to be accountable.

Regardless of the outcome of the Liberal infighting, there is little doubt that the party will hold Saint-Laurent and Markham-Thornhill on April 3.

But this is not the first instance where there is a perceived gap between the prime minister's words and the actions of his party and his government, and such episodes accumulate at corrosive cost to Trudeau's brand.

Chantal Hébert is a national affairs writer. Her column appears in Metro every Thursday.

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Tory leadership race or avant-garde art show?

Vicky Mochama
Metro

As an art project, the Conservative leadership race has taken on an avant-garde feeling. They've excelled at abstraction: 14 candidates that are distinguishable only with an angling of the head or a squint.

Yet two have found a way to stand out as only one can in 2017: Internet videos.

In a rather intriguing film from 2011 surfaced by Press Progress, Kevin O'Leary is shaving in a bright marble bathroom while wearing a towel around his waist.

For all the Trump comparisons, O'Leary's bathroom looks more like my parents' than a gold-embossed penthouse. He is also shaving his own face, which is a humble move for a titan of industry. (Perhaps the butler was holding the camera?)

In advance of a morning appearance via Skype, O'Leary gripes that all his bosses at the CBC are women, saying, "The thing about the CBC I gotta tell you guys, is the whole place is run by women.... It's ridiculous."

To "get back at them," as O'Leary puts it, he vows to not wear pants. "I never do," he says, as the camera pans down threateningly.

Sure, it's offensive to women, but as a piece of art, it is incisive and compelling. The viewers must ask themselves: Is O'Leary reverse-complimenting women by insulting them?

Is it a performance art piece of a lone man, naked and shorn, yet somehow harmed by women? I call it Wounded Masculinity and the Art of Shaving.

Or, it may be a commentary on the obsessive pettiness that comes when working from home alone too long. Truly, I have borne witness to the human condition, and it is a video of Kevin O'Leary topless and shaving.

The second video is a critique of video as a form. In it, Kellie Leitch presents her vision that all who enter Canada — immigrant, tourist, person on a layover to Seattle — must have a face-to-face interview with an immigration officer. That is not new information from the Leitch campaign. What is fresh is the visual journey.

As Leitch waxes on Canadian values like tolerance and faces (I could not hear the rest for the beauty), she wanders in and out of the light. At times, she sits briefly then hurtles back towards the camera. When you least expect, she takes a deep breath as if to say, "Life is a series of breaths. And some of those breaths are taken by immigrants who are a threat to our borders."

Few auteurs can execute one resonant silence, let alone several of them. To do so while playing with motion, light and shadow is no less than mastery.

As the May 27 leadership election draws nearer, one can only hope for more challenging Conservative art.

Fingers crossed for a rap about the carbon tax.

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Canadian author André Alexis receives Yale's Windham-Campbell Prize, worth US$165,000

An athlete at any size

Q&A

Big Fit Girl author wants more diversity in fitness culture

Melita Kuburas
Metro | Canada

Louise Green woke up on the morning she was to run her first half-marathon in 2013 feeling excited. But when she approached the sign-in desk to pick up her race kit, one of the staffers automatically reached for the 5K packet — less than a fourth of the distance she had signed up to run. This crushed her confidence.

"My body size communicated to him that I was not physically capable of running the event's longer race," writes Green in her new book, Big Fit Girl, out March 17.

Green, 45, who runs her own fitness business in Vancouver, is a runner, boxer and body activist. She believes that athletes come in all sizes and builds and that there needs to be more diversity in fitness culture.

What is it going to take for us to see more size diversity in fitness culture?

It's up to people to really be seen. A lot of women will still remain apprehensive or intimidated by fitness — and I believe they have a right to feel that way because it's scary when you don't see yourself represented. There's an element of the unknown. I think more brands and the media culture supporting fitness need to broaden their spectrum of stories and imagery.

In true mainstream fitness magazines, you're not seeing women that are over a size 6. So if we could just start to see size 12; maybe size 14; a mixture? What I'm wanting is an accurate representation of women. That's really what we're asking for, and that's what I think is going to change the fitness culture to make it more approachable. When somebody can see themselves, it inspires them.

Some fitness stars say they're about body positivity, but their Instagrams are full of before and after photos. Are you worried that the body positivity movement is being co-opted?

I agree with you; often you're seeing a body-positive message but the imagery — and when you dig deep into the actual message — is still the same message of conforming to a smaller version of yourself. I don't know that that's intentional. I think that many women are so incredibly programmed, as we all have been at some point, to believe that is 'body positive' and the way to health.

I had this conversation yesterday with a friend of mine: what I actually have to endure for a month to lose, say 3 pounds, is white-knuckling deprivation. Some bodies will lose weight easily and some won't.

Is it then the job of the body activist to call out instances that we see where we feel like the message isn't healthy?

I do call out certain things that I think are absurd but I don't point fingers and name names, I just give examples.

People have good intentions but I think my job is to just educate people on what I think and what I have experienced after working with literally over a thousand women who fall outside of the athletic norm. When you're somebody's trainer they really open up to you and I have really intimate conversations with these women. There's definitely a common theme throughout all of them. And I've experienced it as a plus-size woman myself, so I will make a point of trying to educate from that experience.

I got the sense the food section in your book was carefully written.

I didn't want it to appear like a diet. I wanted women to explore what works for them. I'm really against people feeling hungry. I don't believe in hunger and starvation — I don't think that fits an athletic model at all. So I really wanted women to reframe their thinking.

If you're looking at really living like an athlete ... eat as much as your body needs, but it should be nutritionally dense if you're wanting to perform better the next time you go out. And I also believe in having cake and celebrating life when the time is right.

Sometimes a form of body shaming comes from doctors who use weight and BMI as a way to measure health. Do you reject these measurements?

I have chosen my doctors very carefully and that's what I'm asking people to do in the book. Because even when I was my thinnest, I was way outside of the BMI chart. I'm a heavy person even in a thinner frame. So those numbers have haunted me for a long time. All I could think in my mind is "I'm supposed to be 130 pounds, and I can't get there." I think it does more damage than good, to be honest. I think that many people — like my husband for example he's very muscular, and he's considered obese. I think that it's an OK guideline but I don't think it's a great method of measurement.

Is there an alternative measurement that you would support?

I see why people would want to ask that question because we don't want to see people that are immobile because of weight. But I don't think that I want to really comment on what kind of size we should expect of people, or how we should measure it, but just to get people really living their healthiest life: trying to eat nutritionally dense food and moving your body. And then I really truly think that your body will find its right size.

What does fit mean to you?

Somebody who's fit is somebody who is setting goals; is regularly active; who regularly challenges themselves. I have some people that come to my classes that don't go as far as they could. I think people really need to ask themselves: "Am I challenging myself, am I sweating, am I breathing heavily, is my heart rate up?" Getting their heart rate up every week on a regular basis is going to produce a fit person.

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A domestic duel under the covers

NON-FICTION

Writing couple match wits and parry in essays on marriage

Sue Carter
For Metro Canada

Writerly couple Stephen Marche and his wife, Toronto Life editor Sarah Fulford, have a new book out on modern relationships.
CONTRIBUTED

Stephen Marche's 2,200-word essay on the persisting gender divide surrounding housework — which he refers to as "intimate drudgery" — caused a firestorm of angry responses when it first published in the New York Times Sunday Review back in 2013.

The Toronto-based novelist and columnist suggested that everyone relax: the simplest and most direct way to correct the imbalance was to stop fretting so much over dust and unmade beds. His point did not go over well with many women, as witnessed on social media.

"You wouldn't think that housework would be the most controversial point in the current moment of 21st-century politics, but there you go," says Marche.

Several journalists wrote angry counter-responses suggesting that Marche's essay painted all women, including his wife, Toronto Life editor Sarah Fulford, as being crazy for their fastidiousness. But now, everyone will have an opportunity to read Fulford's own personal reactions in Marche's new essay collection, The Unmade Bed: The Messy Truth About Men and Women in the 21st Century. The book incorporates previously published work and new essays featuring notes from Fulford — who edits her husband's early drafts — which at times either corroborate or counter his perspective or memories of certain situations. (She expresses both frustration and grudging admiration with Marche's laissez faire approach to domestic chores.)

"I always feel like when I read books about people's marriages that they're lying to me because that's only one point of view. There are always two points of view in every situation in a marriage," Marche says. "I thought this was a way of getting more to the intimacy, and getting a more interesting perspective of how a modern marriage really works. It actually models the process of being in a marriage, where both people get a say."

Through a series of eight essays — starting boldly with Marche trying not to mansplain "mansplaining" — the book covers wide territory, from the resurgence of online pornography to the challenges of parenting children of both genders. Although Marche's theories are backed by numerous studies, The Unmade Bed is a very personal book, in which the author attempts to make sense of his own experiences, including the death of his father and his mixed feelings about becoming a house-dad whose partner makes more money than him.

While researching, Marche was surprised to discover much more hope for change than he expected. "Especially now with Trump and the resurgence of this horrific misogyny globally, it's hard to be optimistic, but then when you look at historical trends, they go one way: men and women are getting more equal," he says. "That is going to continue. It doesn't matter who's in power."

Sure, studies show that women continue to gain more power economically, but Marche also acknowledges that staggering issues still exist, from domestic violence to wage gaps and leadership opportunities. He suggests it's because we're living in a "hollow patriarchy" that is nothing more than a brittle shell, and provocatively suggests that one way to help smash the remnants of this outdated system is for more men to speak up — not as "male feminists" and definitely not as men's rights activists — but as active participants.

"When it comes to gender, men are actually not heard from enough," he says. "I think the silence is very harmful and narrows the conversation around gender, and limits and hurts men, who, at this turning point are experiencing a total reconsideration of their gender and have decided to pretend it isn't happening. I felt like it needed some explanation as to why."

Sue Carter is the editor at Quill & Quire magazine.

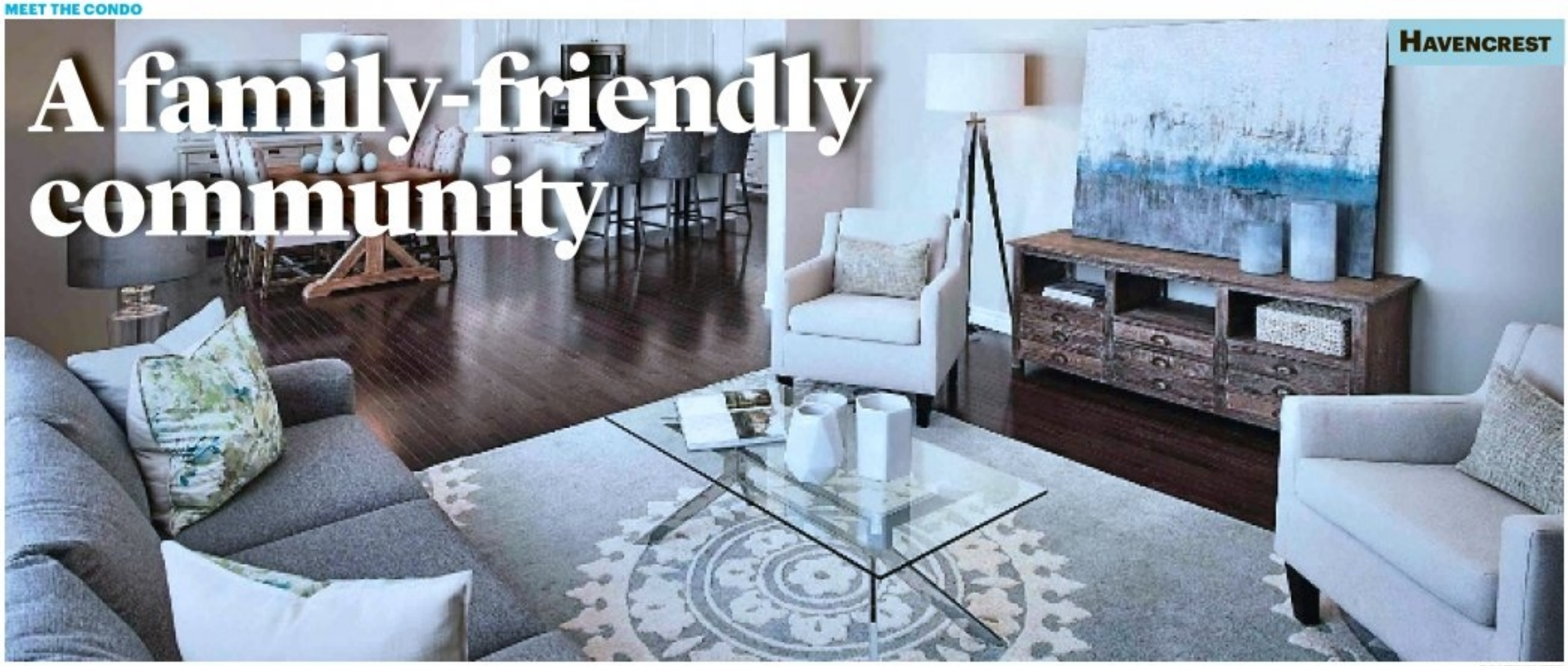
metro HOME
Your essential daily news

Billionaire Warren Buffett lists his six-bedroom, seven-bath Laguna Beach residence for $11M

MEET THE CONDO

A family-friendly community

HAVENCREST



CONTRIBUTED

Project overview

Tartan Homes has only 10 lots left to sell in Havencrest. The development offers contemporary and functional homes for families. Construction began in 2012 and people can move in anytime. There are many floor plans to choose from, including single family homes and bungalows.

Housing amenities

Havencrest homes include energy efficient features, built-in cabinets for extra storage space, mudrooms, large kitchens, as well as a wide selection of standard finishes. Other amenities include nine-foot ceilings, large windows, garages and bright, spacious room designs.

Location and transit

Situated in Barrhaven, there are shopping and recreation options nearby. There are also schools in the vicinity, including Algonquin College. Highway 416 is not far and transit routes and main roads such as Strandherd Drive and Fallowfield Road make it easy to get around Ottawa.

In the neighbourhood

Barrhaven is a fast-growing, safe suburban community, great for families. The neighbourhood itself is designed with beautiful winding streets, and is near completion, with construction to be completed within 16 months.

ILANA REIMER/FOR METRO

NEED TO KNOW

What: Havencrest
Builder: Tartan Homes
Designer: Tartan Homes
Location: Off of Strandherd Drive at Fallowfield
Building: Bungalows and singles
Model: Two to five bedrooms, 2.5 to 3.5 bathrooms
Sizes: 1,830 to 3,610 square feet
Pricing: Starting at $449,900
Status: Now selling
Occupancy: Anytime
Sales centre: 2083 Helene Campbell Rd.
Phone: (613) 843-0752
Website: tartanhomes.com

metro SPORTS

Jay Onrait and Dan O'Toole are returning to Canada and TSN after Fox Sports One in the U.S. decided not to renew their contracts

IN BRIEF

New set of rules proposed to make golf easier to play

The Royal & Ancient Golf Club and the U.S. Golf Association released a draft of modern rules on Wednesday aimed at simplifying the game's rules without stripping traditions and fundamentals of fair play.

The proposal, which now faces six months of public feedback, reduces the number of rules from 34 to 24.

In many cases, penalties have been rescinded. Players no longer will be assessed a one-shot penalty if their golf ball accidentally moves, if their club touches the ground while in a hazard or even if a putt strikes a flagstick that is not being tended.

THE ASSOCIATED PRESS

Durant out indefinitely with sprained MCL

Golden State Warriors star Kevin Durant will be out indefinitely — perhaps until the playoffs — after he sprained the medial collateral ligament in his left knee and bruised a bone in his leg during Tuesday night's loss at Washington.

Durant leads the Warriors in scoring and rebounding with 25.3 points and 8.2 boards along with 4.8 assists.

THE ASSOCIATED PRESS

NFL salary cap rises to $167M per team

The NFL salary cap for the upcoming season will be $167 million per team, up more than $12 million over last year.

This is the fourth consecutive year the cap has risen at least $10 million. THE ASSOCIATED PRESS

Barcelona coach to step down at season's end

Barcelona coach Luis Enrique announced Wednesday he will leave the Spanish champions at the end of this season, saying he needed to rest after three years in charge.

The coach made the surprise announcement following the team's 6-1 win over Sporting Gijon in the Spanish league on Wednesday.

THE ASSOCIATED PRESS

Lazar sent packing

NHL

Senators trade forward to Flames for blue-liner, pick

Curtis Lazar, a first-round draft pick in 2013, had become a healthy scratch for the Senators on a regular basis. PAUL BERESWILL/GETTY IMAGES

Curtis Lazar will get the fresh start he was looking for.

The Ottawa Senators sent the 22-year-old forward along with defenceman Mike Kostka to Calgary in return for a second-round pick in 2017 and defenceman Jyrki Jokipakka before Wednesday's trade deadline.

"I'm very excited to be a part of the Calgary Flames organization," Lazar said. "We're right in the thick of things when it comes to the playoffs and I'm hoping to make a lasting impact on that team."

Senators general manager Pierre Dorion felt the time was right to deal the 2013 first-round pick, who was struggling in Ottawa this season.

"We all saw that it wasn't working out with Curtis this year," said Dorion. "We just felt that (it was) giving him a fresh start, new opportunity and at the same time we were looking to improve our defensive depth and adding a high pick in this draft."

With just one assist through 33 games no one will argue Lazar has not disappointed this season, but there were mitigating factors.

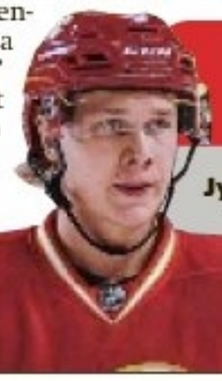
The winger came into training camp with mononucleosis, was then sent to Binghamton on Oct. 11 to get in game shape. He was recalled by Ottawa Nov. 19 after playing 13 games for the minor-league affiliate, but never seemed to find his stride and in the past weeks had become a healthy scratch.

"If I don't have mono we're probably not standing here right now," Lazar said. "It's just how it was."

Lazar felt a move was likely imminent following Ottawa's acquisition of Viktor Stalberg from the Carolina Hurricanes Tuesday.

In addition to Stalberg the Senators acquired Alex Burrows from the Vancouver Canucks Monday afternoon and signed Chris DiDomenico of the Swiss League to a two-way contract. Dorion had also acquired Tommy Wingels from San Jose last month.

"I feel we're a better hockey team (Wednesday) than we were a few weeks ago," said Dorion. THE CANADIAN PRESS



-3

Jyrki Jokipakka has six points and is a minus-3 in 38 games this season.

GETTY IMAGES

Go to metronews.ca for more trade deadline news.

DEADLINE DAY DEALS

OTTAWA-CALGARY

TO SENATORS: JYRKI JOKIPAKKA, D
SECOND-ROUND PICK (2017)

TO FLAMES: CURTIS LAZAR, F
MIKE KOSTKA, D

TORONTO-PITTSBURGH

TO LEAFS: ERIC FEHR, F
STEVE OLEKSY, D
FOURTH ROUNDER (2017)

TO PENGUINS: FRANK CORRADO, D

BOSTON-WINNIPEG

TO BRUINS: DREW STAFFORD, F

TO JETS: CONDITIONAL SIXTH ROUNDER

FLORIDA-DETROIT

TO PANTHERS: THOMAS VANEK, F

TO RED WINGS: DYLAN MCILRATH, D
COND. THIRD ROUNDER (2017)

LOS ANGELES-COLORADO

TO KINGS: JAROME IGINLA, F

TO AVALANCHE: COND. FOURTH ROUNDER (2018)

UFC

GSP thrust into middleweight title bout in comeback

Former welterweight champion Georges St-Pierre is starting his comeback with a bang — against UFC middleweight title-holder Michael Bisping.

The two will meet for the 185-pound crown in the second half of 2017, according to the UFC.

"It's on," Bisping said in a social media post featuring the fight poster.

The 35-year-old St-Pierre has not fought since November 2013 when he won a narrow decision over Johny (Bigg Rigg) Hendricks for his 12th straight win. The Montreal mixed martial arts star then took a hiatus, saying he needed time away from the sport.

England's Bisping won the middleweight championship from Luke Rockhold at UFC 199 in January 2016, subsequently defending the title against Dan Henderson.

The 38-year-old Bisping (31-7-0) had been campaigning for a big-money fight against St-Pierre (25-2-0).

St-Pierre's previous UFC fights were all at 170 pounds.

The two fighters are slated to appear at a news conference Friday in Las Vegas prior to the UFC 209 weigh-ins.

Georges St-Pierre, left, and Michael Bisping GETTY IMAGES

For the UFC, St-Pierre versus Bisping is a welcome marquee fight at a time when lightweight champion (The Notorious) Conor McGregor is awaiting the birth of his child, while former light-heavyweight title-holder Jon (Bones) Jones is trying to sort out his life outside the cage and former women's flag-bearer (Rowdy) Ronda Rousey is contemplating her fighting future after beatdowns at the hands of Holly Holm and Amanda Nunes.

St-Pierre was a pay-per-view heavyweight for the UFC at the time of his departure from the sport. He kept training during his time away and had to undergo knee surgery after a practice injury.

The Canadian was known for his elite cardio and ample toolbox, equally able to strike or wrestle.

His popularity is shown by the fact that, despite his time away from the sport, he has 1.54 million Twitter followers. Current welterweight champion Tyron (The Chosen One) Woodley has 132,000.

A well-conditioned fighter who can pepper opponents with punches, Bisping has won his last five bouts including a victory over middleweight icon Anderson Silva. THE CANADIAN PRESS

MAKE IT TONIGHT

Aromatic Shrimp and Vegetable Spaghetti

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Can

This pasta features roasted vegetables and fresh herbs.

Ready in 50 minutes
Prep time: 20 minutes
Cook time: 30 minutes
Serves 8 to 10

Ingredients

- 1 yellow zucchini, sliced in half lengthwise
- 2 portobello mushrooms, stems removed, caps scooped and halved, then cut crosswise into slices
- 1 red pepper, sliced into quarters
- 1/4 cup olive oil
- 2 Tbsp balsamic vinegar
- 4 cloves garlic, chopped and divided
- 1 Tbsp fresh chopped oregano
- 1 Tbsp fresh chopped rosemary
- 1 1b. thawed peeled deveined shrimp
- 1 Tbsp butter
- 1 box of spaghetti
- 2 large meaty tomatoes, sliced into chunks
- 1 container marinated artichoke hearts, plus a drizzle of its oil
- 1 cup feta cheese• 1 handful fresh chopped basil

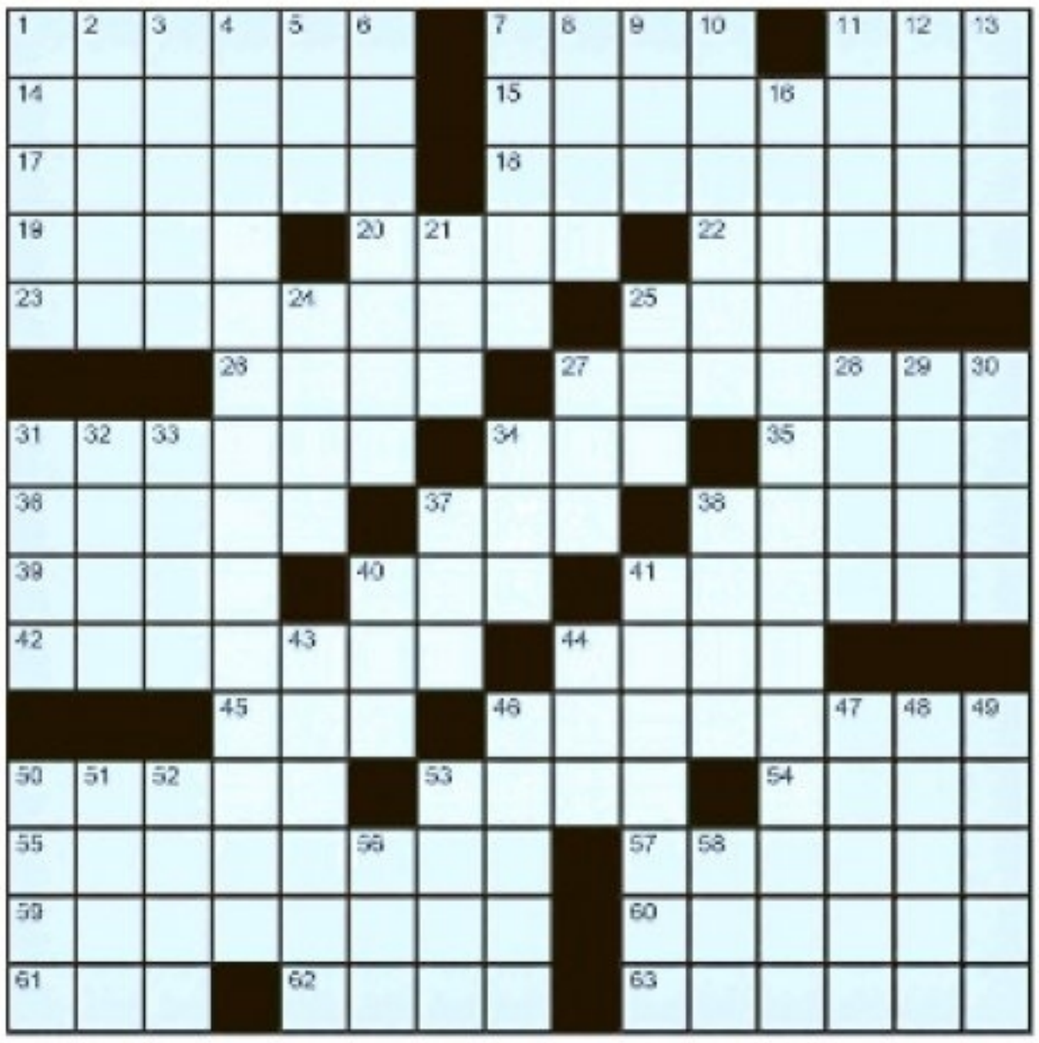
Directions

1. Preheat oven to 400. Toss zucchini, mushrooms and red pepper with 2 Tbsp olive oil, balsamic vinegar, 2 garlic cloves, oregano and rosemary to coat.
2. Place vegetables on greased pan and roast; turn once and cook 30 minutes.
3. Remove to platter and cool. Slice s into bite-size pieces.
4. In a large skillet over medium heat, add butter and two garlic cloves and cook till aromatic, about 1 minute. Add shrimp and cook until pink, about 5 minutes. Remove shrimp and juices and set aside.
5. Meanwhile, in a large saucepan of salted boiling water, cook pasta. Drain. Drizzle remaining oil into pasta. Toss vegetables with shrimp and buttery juices into pasta and serve with basil.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. "The Planets" composer Mr. Holst
7. Actress Ms. Sofer
11. "Wowy!"
14. Bury
15. Super self-love
17. TSX units
18. Staircase railing
19. Slant
20. Stompin' Tom Connors' "Bud the _"
22. Haunting 'human'
23. Those lettering-out words
25. Giggling, texting-style
26. Moray-like
27. Stash of weapons
31. , , , , , ,
34. G'days
35. Abominable abode-er
36. Plane, in Quebec
37. Deli serving
38. Jimmy of "L.A. Law"
39. Lima's country
40. Fancy watch face number
41. Ms. Durbin (Winnipeg-born star)
42. Unity
44. Mr. Gagnon (Chicoutimi-born Olympic gold speed skater)
45. Highlander's hat
46. Takeoff/landing locale
50. 'Romeo' sports cars
53. Global, briefly
54. Off the dragon
55. War-like
57. Julia Louis-Dreyfus's character on "Seinfeld"
59. Distinction
60. More tidy
61. _ worth
62. Rugs of Scandinavia
63. Surplus

DOWN
1. Main meanings
2. Not 'Tragically' cool
3. Sedimentary rock
4. _ _ Provincial Park, in southwestern Manitoba near Boissevain, known for the 'Western Painted' shelled creatures found there
5. Soul: French
6. Ships and tankers and dinghies
7. Puzzle type
8. "Blimey!"
9. Oui opposite
10. Martin Short comedy, "Three _!" (1986)
11. Catch _ _ ('Get')
12. Geese: French
13. Actress, Melissa Joan _
16. Juno-winning roots musician who is Natalie MacMaster's cousin: 2 wds.
21. Open with a crowbar
24. Trim
25. "I Love You, Suzanne" singer ...his initials-sharers
27. _-en-Provence, France
28. No, in Munich
29. Notation atop a memo, for short
30. Ms. Kudrow
31. Organized crime chief
32. Baking cookies appliance
33. Soft muddy spot
34. _ polloi (Common people)
37. '_' _ for Langley
38. Feudal worker
40. Belief system
41. Singer Ms. Love
43. _ Island (Statued marvel west of Chile in the South Pacific)
44. US univ.
46. Poker stakes
47. Top rate
48. Street sections
49. Tint-to-hair appliers
50. "So be it!" in church
51. Key _ pie
52. Move like a hummingbird
53. Empire of yore
56. Whichever
58. Mr. Luthor, "Superman" (1978) villain

✷ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Your relationships with partners and close friends might suddenly get a lovely boost or lift today. Someone might compliment you. You might meet someone new who is unusual.

Taurus April 21 - May 21
An unexpected job opportunity might come your way today, or perhaps work-related travel suddenly will appear. Something might even improve your health. Who knows?

Gemini May 22 - June 21
An unexpected invitation for a vacation or a social event might land in your lap today. Love at first sight will begin for some of you. Yes, it's an exciting, fun-filled day!

Cancer June 22 - July 23
Keep your eyes open for real-estate opportunities or chances to improve your existing home today. A spontaneous family gathering might take place.

Leo July 24 - Aug. 23
Unexpected news or an unusual opportunity makes you happy today. Your spirits are high and your optimism is strong. This is just how you like things to be.

Virgo Aug. 24 - Sept. 23
Business and commerce are favoured today; in fact, something unexpected might come along that really boosts your income. It might be a new job or something on the side.

Libra Sept. 24 - Oct. 23
All kinds of opportunities might pop out of the woodwork today. This means you have to keep your eyes open and be ready to act fast.

Scorpio Oct. 24 - Nov. 22
This is a feel-good day. You feel happy with yourself and content with your world. Appreciate your good fortune.

Sagittarius Nov. 23 - Dec. 21
Your popularity will get a boost today because others admire you. This is why you might suddenly be thrust into a position of leadership in a group or class.

Capricorn Dec. 22 - Jan. 20
Something will happen today that boosts your reputation in the eyes of others. If an opportunity presents itself, you will have to act quickly. Don't hesitate.

Aquarius Jan. 21 - Feb. 19
A surprise opportunity to travel might suddenly materialize today. If so, act quickly, because this window will be brief.

Pisces
Feb. 20 - March 20
Keep your pockets open, because gifts, goodies and favors from others will come your way today. However, they will be unexpected. (What a nice surprise!)

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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3	7	9	5	6	4	1	8	2
1	8	4	2	9	7	6	3	5
6	5	2	1	8	3	4	9	7
7	4	8	9	3	5	2	6	1
9	3	6	7	1	2	8	5	4
5	2	1	6	4	8	3	7	9
4	6	7	3	2	9	5	1	8
2	9	3	8	5	1	7	4	6
8	1	5	4	7	6	9	2	3

mattamyHOMES

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MATTAMYHOMES.COM

TARION

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